

Adults

Arts/Dance/Enrichment

Ballet for Adults

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Note: If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. To receive a discount, register by mail, fax or in-person. See Teen Ballet for more classes. ♥

Age: 13+

Beginner/Intermediate

No class 10/9, 11/27 & 12/4

25823 Th 9/25-12/11 7:45-9 PM \$73/\$86

Advanced

No class 9/30, 11/4, 11/11 & 12/2

25821 Tu 9/23-12/9 6:30-7:45 PM \$65/\$77

Advanced

No class 10/9, 11/27 & 12/4

25822 Th 9/25-12/11 6:30-7:45 PM \$73/\$86

Rockcrest Ballet Ctr./Mangan

Ballroom Dance

Even if you think you have "two left feet," come join us. We will teach basic steps in standard ballroom dances (Foxtrot, Cha Cha, Waltz, Swing, Rumba and Tango). Hustle is fast-paced with lots of turns and moves - no experience needed. Classes and fees are for couples only. ♥

Age: 16+

Beginner

26210 W 9/17-11/12 6:45-7:45 PM \$93/\$105

Intermediate

Beginner ballroom dance experience required.

26211 W 9/17-11/12 7:45-8:45 PM \$93/\$105

Hustle - Beginner

26212 W 9/17-11/12 8:45-9:45 PM \$93/\$105

Ritchie Park ES/Mola

Belly Dancing (Mid-Eastern)

Learn an exciting and ancient dance. This art form will teach you movements from folk, social, and classical traditions of Middle Eastern cultures. Wear exercise apparel, bring a scarf for tying around your hips, and ballet slippers or dance in bare feet. Students registered for Advanced Beginner need to have completed at least one session of Beginner and have proficiency in the movements taught. ♥

Beginner - Age: 16+

No class 9/30 & 11/4

26219 Tu 9/9-12/2 8:45-9:45 PM \$86/\$99

Rockville Sr. Ctr./Basane

Beginner - Age: 14+

No class 10/9 & 11/27

26221 Th 9/18-12/11 6:30-7:30 PM \$86/\$99

Twinbrook CRC/Amara

Advanced Beginner - Age: 16+

No class 9/30 & 11/4

26218 Tu 9/9-12/2 7:30-8:30 PM \$86/\$99

Rockville Sr. Ctr./Basane

Advanced Beginner - Age: 14+

No class 10/9 & 11/27

26220 Th 9/18-12/11 7:35-9:05 PM \$119/\$129

Twinbrook CRC/Amara

Conversational Spanish - Beginner

Learn introductory level vocabulary and grammar. Develop basic vocabulary while practicing greetings, polite expressions, asking and answering questions, and exchanging personal information. Latin American culture will be discussed. Bring an English-Spanish dictionary to class.

Age: 16+

No class 10/8 & 10/15

26217 W 9/24-11/26 7-9 PM \$80/\$93

Rockville Sr. Ctr./Cuesta

♥ = Step Up To Health Program

Fee = resident/nonresident



Adults

Cooking - Knife Skills

Learn the proper way to hold, sharpen and care for your knives. Discuss different types of knives and tasks. Learn basic French cuts from fine brunois to large dice and how to break down a whole chicken. Bringing your own knife is optional, but encouraged. This is a participation class. \$5 food fee payable to instructor. Refund requests considered only if received four or more days prior to class.

Age: 18+
26225 F 9/26 7-9:30 PM \$50/\$55

Cooking - For the Love of Tuna *New*

Join Ian as he shares the recipes and techniques that have fueled his love of tuna, the 'Red Meat' of the ocean. Enjoy Pepper Crusted, Sesame Crusted and Furikake Crusted Rare Tuna, Tuna Tartare, Grilled Tuna Steak, and Salad Nicoise. Try Wasabi Mayo, Ginger Soy Garlic, and Asian Vinaigrette Sauces for dipping. This is a demonstration class. \$10 food fee payable to instructor at class.

Age: 18+
26617 F 10/17 7-10 PM \$50/\$55

Cooking - Soups On! *New*

Cold winter evenings beg to be paired with soup. Learn the basics behind hearty winter soups made from scratch. Discuss quick homemade chicken stock and use it to make Roasted Butternut Squash Soup, French Onion Soup and Shrimp Bisque. Garnishes and storage will be discussed. This is a participation class. \$5 food fee payable to instructor at class. Refund requests considered only if received four or more days prior to class.

Age: 16+
26616 F 12/5 7-9:30 PM \$50/\$55
Rockville Sr. Ctr./Ferguson

Cybereducation *New*

From the comfort of your own home, read lessons, participate in tutorials, hold interactive discussions with the instructor and your fellow students in this online program. Each class is self-paced and open 24 hours per day. Course requirements include: Internet access and intermediate pc skills. Remember to include your e-mail address with your registration. For more information, visit www.gsinet.org.

Letting Go of Destructive Thinking

Live a happier and more productive life. Typically, people never examine the thoughts they experience during an ordinary day. Yet most are unproductive, redundant and very often untrue. Learn how to identify which thoughts are totally unnecessary and harmful, let go of unwanted ones such as fear, anger, and worry, to create calmness and self-confidence. Ages: 18+.

26226 Tu 9/23-10/28 9-10 AM \$75/\$85
Fugere

Dogs - Basics & Beyond

We will address common undesired behaviors and show owners positive ways to change them. Using basic obedience - sit, down, stand, stay - we will try to resolve leash pulling, biting, grabbing treats, and jumping. No aggressive dogs are permitted in this group class. Call the weather line at 240-314-5023 for class status.

Age: 6 mo+ (dogs)
26388 Sa 9/13-10/18 9-10 AM \$49/\$58
Rockville Sr. Ctr./Zicht



Adults

Guitar - Jam & Improvise *New*

Learn how to jam, improvise, and solo to any song including your own, with skill sets that professionals use. They can be applied to all styles but are easiest to grasp using rock. Jump-start your playing potential with ample playing time. Experience required. Bring fully-strung acoustic guitar.

Age: 16+
26224 Su 9/27-11/15 10-11 AM \$99/\$115
The School of Music/Flaherty

How to Talk . . . So Kids Will Listen

This hands-on workshop will teach the five most effective communication tools to guide you in listening and talking to your children. Specific methods are illustrated and practiced so they can be immediately used at home. Relieve your stress and your children's stress! Jon and Beverly's work has been featured in Washington area newspapers and on radio shows.

Age: 18+
26187 F 10/3-10/17 7-9 PM \$16/\$21
Rockville Sr. Ctr.

Knitting - Circle

A great craft and stress reliever. Join us for this easy to learn activity and get creative! Beginners will learn to knit, purl, cast on and bind off. Continuing students will perfect their skills and learn new ones. Supply list for beginner participants will be mailed one week prior to class.

Age: 16+
Beginner
No class 9/29
26228 M 9/8-10/20 6:30-8 PM \$43/\$49

Beginner
26283 M 10/27-12/1 6:30-8 PM \$43/\$49

Intermediate
No class 9/29
26229 M 9/8-10/20 6:30-8 PM \$43/\$49

Intermediate
26284 M 10/27-12/1 6:30-8 PM \$43/\$49
Rockville Sr. Ctr./Bahr

Line Dancing for All

Join in the fun and get some exercise too! All levels welcome. Start with the basics and add steps and combinations as you go, including the Cha-Cha and the Electric Slide. This is a non-partner, self-paced dance activity. Dance to a variety of country, western and popular music! Note: Soft-soled shoes required. No sneakers. ♥

No class 11/3
Age: 16+
26230 M 10/6-12/1 7-8 PM \$52/\$60
Ritchie Park ES/Cunningham

Mentor Training

Program mentors will work one-on-one with elementary school-age youth at the child's school for one hour each week. Learn how to promote positive growth in your mentee. Must complete the application process before attending the training. Student service learning hours available. For additional information call 240-314-8317.

Age: 16+
26215 Th 10/2 3:30-5 PM Free
Rockville City Hall/

Reggae - Dance & Fitness *New*

Learn the basic Reggae dance styles and the history of Reggae music and dancing. Dance for pleasure, fitness, and stress reduction. Use your core muscles, move those hips, and improve your cardio while expressing yourself through this fluid dance form. ♥

Age: 18+
No class 10/31
26238 F 10/3-11/7 7:45-8:45 PM \$59/\$69
Twinbrook CRC/Thompson

Salsa - Cuban Style

Feel free and maintain a healthy life through Cuban style Salsa. Explore another culture while learning the dance which originated in Cuba. Join us in the fun! ♥

Age: 16+
26231 F 9/19-10/24 7:30-9 PM \$49/\$58
Rockville Sr. Ctr./Moreno



Adults

Zumba Dance

Perfect your dance moves and break a sweat with this fun approach to fitness. A Latin influenced dance-style class that combines high energy moves and sizzling dance combinations that are designed to make your workout feel great. ♥

Age: 14+
26242 W 10/15-12/3 8-9 PM \$79/\$89
Rockville Sr. Ctr./Fedorova

Fitness & Wellness

Cardio Kickboxing

Get into shape as you learn a combination of boxing, martial arts and aerobics. Increase stamina, flexibility and strength as you enjoy a total body workout. Wear comfortable clothes and shoes. ♥

Age: 16+
25904 M 9/29-10/20 6:15-7:15 PM \$33/\$39
25905 M 10/27-11/17 6:15-7:15 PM \$33/\$39
Twinbrook CRC/Anglin

Climbing for Adults - Beginner

Learn the climbing basics and proper belay techniques. Work with experienced climbers who will show you movements for climbing and bouldering. Once you catch on you'll be ready for Open Climbing Nights on Tuesdays. All equipment is provided. Registration deadline is one week prior to the start of class. Drop-in registrations are welcome, on a space-available basis. ♥

Age: 18+
26181 M 9/22 7-9 PM \$20/\$25
26182 M 10/27 7-9 PM \$20/\$25
26183 M 11/24 7-9 PM \$20/\$25
Rockville Climbing Gym

Register for any three of the following classes (Combo Step Aerobics, Power Sculpt and Step Aerobics) and receive a \$7 discount. Register by mail, fax or in-person. For ages 15 and above. ♥

Combo Step Aerobics

Enjoy a great cross-training workout including low impact aerobics, step aerobics and strength training. Prepare your muscles for a new diversion each week. Bring weights and a towel or mat.

No class 11/8
25906 Sa 9/6-12/13 9-10 AM \$82/\$97
Rockville Sr. Ctr./Rourke

Power Sculpt

Enjoy a simple and effective way to improve strength and definition of muscle groups. Workout includes routines to strengthen all muscles, designed to benefit all fitness levels. Step platform (provided) and free weights are used.

No class 9/30 & 11/4
25943 Tu 9/2-12/16 6:20-7:20 PM \$82/\$97

No class 10/9
25942 Th 9/4-12/11 6:15-7:15 PM \$82/\$97
Rockville Sr. Ctr./Quintiere

Step Aerobics - Interm./Adv.

For that extra fitness push, join us in a low impact, cardiovascular workout using a step platform (which is provided). Enjoy this high energy and invigorating workout.

No class 9/30 & 11/4
25958 Tu 9/2-12/16 5:30-6:15 PM \$82/\$97
Rockville Sr. Ctr./Quintiere

Thank you!!

A sincere thank you to all who have contributed to the Rockville Youth Recreation Fund for "Adding Up" or making a donation. Your generosity has allowed hundreds of children to participate in Recreation and Childcare programs.

Special "thanks" to the following contributors . . .

M. Bienvenu	E. Honig	Dogfish Head Ale House	Welsh Park Family Night	Urban Burger
K. Smith	Z. Lacey	Boston Properties	Robeks Fruit Smoothies	Ben & Jerry's Ice Cream
W. Abid	L. Atkins	Foundation of Youth, Inc.	La Tasca	Giuseppi's Pizza Plus
R. Mintz	G. Collins	The Heights School	Stonefish Grill	Bobby's Crabcakes
E. Shumaker		Montgomery Co. Road Runners Club	Crisp & Juicy	Rockville Elks Lodge
		Lockheed Martin	California Tortilla	Rockville Rotary Club

Adults

Golf - Beginner

Get into the swing of golf . . . learn proper swing mechanics, golf etiquette and rules. First class held rain or shine. Those owning clubs should bring them. Clubs are provided during class, if needed (Pro Shop, 240-314-8730.) Call weather line at 240-314-5023 for status of class. ♥

Age: 15+

Rain date 10/15

25919 W 9/10-10/8 5:30-6:30 PM \$60/\$70

RedGate Golf Course/Johnson

Rain date 10/18

25920 Sa 9/13-10/11 12-1 PM \$60/\$70

RedGate Golf Course/Shih

Jazzercise

The original dance exercise phenomenon! Each 60 minute workout blends dance and muscle toning movements choreographed to today's hottest music, including Top 40, jazz, country, funk, and classics. Routines are fun and easy to follow. Bring weights and a mat. ♥

Age: 16+

No class 11/3

25921 M 9/15-12/8 6:30-7:30 PM \$79/\$92

25922 W 9/17-12/10 6:30-7:30 PM \$85/\$99

Julius West MS/Shenk

Karate

This co-ed course teaches the basics, from warm-ups and stretches to kicks, blocks, punches, combinations and conditioning. Improve your fitness level, muscle tone, flexibility, strength and self-defense skills. ♥

Age: 15+

25924 F 9/26-11/14 7:15-8:30 PM \$65/\$75

Phoenix Karate

Kick Boxing

This aerobic-type workout utilizes techniques from boxing and other martial arts. It emphasizes stretching, conditioning and an aerobic workout. ♥

Age: 14+

25930 F 9/26-11/14 6:15-7 PM \$52/\$61

Phoenix Karate

THE ROOFTOP

AT ROCKVILLE'S TOWN CENTER

155 Gibbs Street • Rockville, MD



HOST YOUR
NEXT MEETING OR
EVENT RECEPTION AT

THE ROOFTOP, over-looking the beautiful newly developed Rockville Town Center, located in the Arts and Innovation Center in the heart of Rockville, is the only rooftop terrace event space in Montgomery County! You can impress your guests and come to the top – *where we throw in the sun and stars for free!* Accommodating up to 250 people for dinner and dancing.

www.rockvillerooftop.com

Event and site management provided by National Events, Inc. For more information contact Stephanie Cromwell:
PHONE 301-762-3926 or 240-401-5219
EMAIL stephanie@rockvillerooftop.com

Photo © kaveh sardari/www.sardari.com



Adults

Kung Fu

This martial art is a great tool for channeling energy, positive growth and developing focus. Participants will increase their physical fitness, flexibility stamina, coordination and discipline. Yoga-like stretches are used to bring you to a calm, meditative, physical and mental state. No previous experience necessary. ♥

No class 11/3

Age: 16+

25931 M 9/22-11/17 7:15-8:15 PM \$59/\$69

Elwood Smith Rec Ctr./Thompson

Nia - Movement/Fitness

Nia is based on movements that strengthen, open, realign, balance, invigorate and heal the body, mind and spirit. All fitness levels welcome; no previous experience necessary. Wear loose-fitting clothing. Class may be held barefoot. Bring a water bottle and a mat. ♥

Age: 16+

No class 10/8

26079 W 9/17-11/19 6:30-7:45 PM \$84/\$97

Rockville Sr. Ctr./Liss

Pilates

Enjoy a non-impact, mind-body workout that trains core muscles to stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles and will improve posture, strength, balance and flexibility. Bring a mat and water bottle. ♥

Age: 16+

Beginner

25939 W 9/24-11/12 6:30-7:30 PM \$86/\$100

Intermediate

25938 W 9/24-11/12 7:30-8:30 PM \$86/\$100

Twinbrook CRC/Doong



Officials Needed

Ages 16+

Officiate Games

Youth and Adult Leagues.

For more information call the
Sports Division, 240-314-8620



Fall Co-Recreational

Ultimate Frisbee League

What is Ultimate?

A Non-Contact Team Sport
Combining Soccer, Football and Basketball

Register by August 29 (see page 32)

- Team registration (10-20 players) \$200

Activity # 26375

- Individual registrations - \$20

Activity # 26382

For official rules visit:

<http://www.hcrpsports.com>

240-314-8620

Slimnastics

Shape up and increase your flexibility and muscles with well-planned isotonic exercises designed to maintain fitness, improve muscle strength and reduce sports injuries. No running or jumping. Bring a mat. If participant registers for two Slimnastic classes, a \$5 discount may be applied to one class. To receive a discount, register by mail, fax or in-person. ♥

Age: 15+

25948 M 9/15-11/17 10-11 AM \$55/\$65

25950 W 9/17-11/19 10-11 AM \$55/\$65

25949 F 9/19-11/21 10-11 AM \$55/\$65

F. Scott Fitzgerald/Creamer



Adults

Stability Ball Workout *New*

Which piece of exercise equipment can work your core, trim your thighs, strengthen your arms, develop your deltoids, strengthen your lower back, and tighten your tush? Have a ball on the stability ball as you learn effective and fun exercises you can also do at home! ♥

Age: 16+

26308 M 9/8-10/27 6:30-7:30 PM \$75/\$85
Rockville Sr. Ctr./Salas

You are invited to go

Out To Lunch



Wednesdays
until October 29
11 a.m. - 2 p.m.

East Montgomery Avenue
Rockville Town Center

Food, Music, Farmers' Market
www.rockvillemd.gov/events

Step Aerobics - Beg./Interm. *New*

Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness. Designed to enable self-pacing for those who wish to work on low impact steps. Bring hand and/or ankle weights (optional) and water bottle. Steps provided. ♥

No class 10/25

Age: 16+

26287 Sa 9/13-11/8 9-10 AM \$47/\$55
Twinbrook CRC/Ramsey

Step Interval

Enjoy an invigorating low impact workout using a step platform (provided) and a variety of strength training exercises. Improve your body toning and overall fitness level. Bring a water bottle and personal weights. All levels welcome. ♥

No class 10/31

Age: 16+

25959 F 9/19-11/21 6:15-7:15 PM \$50/\$59
26628 M 9/22-11/24 7:30-8:30 PM \$55/\$65
Twinbrook CRC/Witte (#25959); Golden (#26628)

T'ai Chi Ch'uan

Promote your physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, tone sinews and gently massage your spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements. ♥

No class 9/30 & 11/4

Age: 18+

25960 Tu 9/23-11/25 7-8 PM \$61/\$72
Julius West MS/Lamb



CONCERT IN THE SQUARE

Every Thursday...

until/September 11 • 6-8 p.m.

Rockville Town Square

240-314-5022

www.rockvillemd.gov/events



Adults

Yoga - Basic Flow for Beginners

Enjoy a meditation-in-motion and heat-building style of yoga that increases strength and flexibility and encourages purification of body and mind. Practice poses and breathing through steady and flowing sequences. Bring a mat or rent one at the studio. ♥

Age: 16+
26233 Tu 9/16-12/16 4:30-5:45 PM \$135/\$159
Thrive Yoga/Bowen

Yoga - Beg./Cont.

Through conscious breath, flow of movement, alignment, visualization and relaxation, learn how to build strength, endurance and flexibility as you flow through Sun Salutations, Standing and Seated Asana. Those with injuries should consult a physician prior to registration. Bring a sticky mat and small blanket. ♥

Age: 13+
No class 9/30 & 11/4
26239 Tu 9/16-12/2 6:30-7:45 PM \$121/\$139
Twinbrook CRC/Smith

Yoga - Gentle Hatha Beg./Cont.

Practice gentle stretching and strengthening exercises for the whole body as well as deep relaxation and breathing techniques for releasing tension. Ideal for people who need to work with more awareness on specific areas, anyone feeling tense and senior citizens in good health. Note: Those with injuries should consult a physician prior to registration. Bring a yoga strap (or bathrobe tie), a foam yoga block, woven blanket and mat to class. ♥

Age: 16+
No class 10/9, 11/13 & 11/27
26620 Th 9/18-12/11 7:30-8:45 PM \$121/\$139
Rockville Sr. Ctr./Dodson

Yoga - Gentle Stretch & Therapeutics *New*

Gentle yoga is for students recovering from injury; with chronic conditions; overweight or anyone who desires to gently stretch, breathe and destress. Props, hands-on adjustments and breathing exercises will guide students to use yoga for its healing benefits to the body and soul. All levels welcome. Bring a mat or rent one at the studio. ♥

Age: 16+
26235 W 10/15-12/17 11:15 AM-12:30 PM \$121/\$139
Thrive Yoga/Bowen

Yoga - Restorative *New*

A slow and deep stretch class that uses props to support the body. Students will be guided to release, breathe and relax. Open to all levels of flexibility and fitness. Props will be provided. Bring a mat or rent one at the studio. ♥

Age: 16+
26234 Th 9/18-12/11 4:30-6 PM \$119/\$137
Thrive Yoga/Bowen

Yoga-lates (Core-a-lates)

Join us and experience the core strengthening exercises of Pilates-inspired moves combined with stretching. This will give you a terrific energizing workout. Challenging class for all levels. Bring a mat, towel and strap. ♥

Age: 16+
No class 9/29 & 10/27
26240 M 9/15-11/17 8-9 PM \$74/\$85
Rockville Sr. Ctr./England

A Day of Yoga & Wellness for the Whole Family

Saturday, October 4 • 2-5 p.m.

**Join your neighbors
at Thrive Yoga in Rockville!**

"Yoga Breathe" for Relaxation
"Yoga Move" for Fitness & Wellness

2:15 - 3 p.m. Adult Beg. #26632
3:15 - 4 p.m. Family (ages 4+) #26633
3:15 - 4 p.m. Kids (ages 2-4) #26634
4:00 - 5 p.m. Fun with Drums & Rhythm

After October 2, call Thrive Yoga to register.

\$20 suggested donation per family at the door

**All proceeds will benefit the
Rockville Youth Recreation Fund**

Thrive Yoga

1321-B Rockville Pike
Woodmont Station Shopping Center



Adults

Worried about the weather? Call the weather line at 240-314-5023 for class status.



Sports & Leagues

Fencing - Beginner

Designed to expose beginners to the Olympic sport of fencing. Course emphasizes safety and proper technique. Equipment provided. Participants need to wear comfortable clothes and a fencing (or garden/golf) glove. Flexible foil swords will be used. ♥

Age: 14+

25907 Sa 9/27-11/22 2-3:20 PM \$128/\$157

25908 Tu 9/30-11/25 7-8:20 PM \$128/\$157

Rockville Fencing Academy

Tennis for Adults - Beginner

Learn fundamentals including basic grips and strokes (forehand, backhand, serve and volley). Rules and scoring taught. Bring racquet and one new can of balls. ♥

No class 9/29

Age: 16+

25964 M 9/8-10/13 6-6:50 PM \$55/\$65

Twinbrook CRC/Levine

25965 W 9/17-10/15 6-6:50 PM \$55/\$65

Dogwood Pk./Prasert

Tennis for Adults - Novice

For players who have a fundamental knowledge of tennis and are familiar with grips and strokes but have difficulty sustaining a rally. Learn and review basic strokes, directional hitting, lobs and basic strategy for singles and doubles. Bring a racquet and one new can of balls. ♥

Age: 16+

25969 Sa 9/27-10/25 11-11:50 AM \$55/\$65

Montrose CC & Pk./Ruiz

25970 Sa 9/13-10/18 11-11:50 AM \$66/\$76

King Farm Park/Martin

Tennis for Adults - Intermediate

For players who can sustain a slow rally but still lack control and depth when hitting with pace. Learn top spin and slices, approach shots, return of serves, lobs and overheads. Percentage tennis, winning tactics and advanced strategy are taught. (NTRP Rating 3.0-3.5) Bring racquet and one new can of balls. ♥

Age: 16+

No class 9/29

25966 M 9/8-10/13 7-7:50 PM \$55/\$65

Twinbrook CRC/Levine

25967 W 9/17-10/15 7-7:50 PM \$55/\$65

Dogwood Pk./Prasert

Tennis for Adults - Advanced

Take your game to the next level! Advanced stroke topics and drills will be taught for players 3.5 level players and above as well as match play and strategies for singles and doubles. Individual attention will be given to player's needs. Bring a racquet, water bottle and one new can of balls. ♥

Age: 16+

26329 W 9/17-10/15 8-8:50 PM \$55/\$65

Dogwood Park/Prasert

"Ultimate" Frisbee Team *New*

7 v 7 Co-Rec Ultimate Frisbee is a non-contact field team sport combining elements of soccer, football, and basketball into one fast-paced game. Played with a disc, everyone is a quarterback and a receiver. This recreational team league will be instructional as well as league play. No prior experience playing "Ultimate" is necessary. Deadline for team application is August 29. ♥

Age: 16+

Individual

26382 Su 9/14-11/9 10 AM-12:30 PM \$20

Team

26375 Su 9/14-11/9 10 AM-12:30 PM \$200

Welsh Park



Adults

Adult Workshops

EFT: For Stress and Pain Relief

EFT (Emotional Freedom Technique) is an acupuncture tapping practice that has a high rate of success in reducing or alleviating many distressful conditions. It has helped with fears, phobias, anxieties, anger, food cravings, addictions, PTSD, OCD, AD/HD, focus problems, many types of pains, and endless other conditions. It often improves work, school, arts and sports performance. It can be easily learned, and can be practiced almost anywhere. It usually has long-lasting effects and benefits most people. In this class you will learn: how EFT originated, the science behind EFT, how it works, the tapping sequence, tips on how to apply EFT and more. \$5 fee is payable to the instructor. ♥

Age: 18+
26305 Tu 9/23 7-9 PM \$51/\$56
Rockville Sr. Ctr./Groves

Getting Paid to Talk

Have you ever been told you have a great voice? Explore the numerous aspects of voice-over work for television, film, radio, books on tape, documentaries and the Internet. Learn how to prepare the all-important demo. Record a commercial script under the direction of a producer.

Age: 18+
26303 Tu 9/16 6:30-9 PM \$21/\$24
Rockville Sr. Ctr.

Holiday Album *New*

Looking for that perfect gift for someone special? Quickly create an album with simple layouts that are appropriate to the holiday/winter season. Give a gift that will be treasured for years to come. Materials include an 8 X 8 album, paper and stickers. The fee includes cost of materials, which is nonrefundable.

Age: 14+
26309 Th 10/23 7-9 PM \$57/\$61
Rockville Sr. Ctr./Caisse

Photo Organizing Made Easy

Are your photos stored in unlabelled shoeboxes and shopping bags? Learn a quick and easy strategy for organizing them! You'll receive a photo safe box and dividers which can store up to 2400 photos. This is NOT a scrap booking class! Participants will spend most of the time organizing photos under the help and guidance of the instructor. Note: Fee includes cost of a large photo safe box, 12 dividers, photo safe pencil and written guidelines. Cost of materials is nonrefundable.

Age: 16+
26310 Th 9/25 7-9 PM \$55/\$59
Rockville Sr. Ctr./Caisse

Wine Workshops

Increase your knowledge of wines and how they are made. This workshop is geared for beginning and intermediate students. Approximately 8 to 10 representative wines will be featured for tasting and comments, along with breads and cheeses. Wine presenters, Neil Bassford and Bob Cecil, are working partners in Elk Run Vineyards, an award winning winery in Frederick County. Participants must supply photo I.D. upon request. Cancellations must be received in writing at least 48 hours prior to each workshop to receive a refund.



Age: 21+

Wines of the Loire Valley *New*

We will cover the winemaking history of this large wine producing area while we discuss the major grapes and regions. Wines will be presented from the most significant areas.

26301 Th 10/2 7:30-9:30 PM \$31/\$34

Frederick Wine Trail *New*

This class will focus on local wineries in Montgomery and Frederick Counties, including Sugarloaf Mountain Vineyards, Fredrick Cellars, Linganore Wine Cellars, Loew Vineyards, Black Ankle Vineyards and Elk Run Vineyards.

26302 Th 11/20 7:30-9:30 PM \$31/\$34
Glenview Mansion/Cecil



Adults

Fit Over 40

Many women experience "creeping obesity," beginning at age 40 due to hormonal fluctuations, a gradual loss of muscle mass, and a slowing of the body's metabolism. Learn what foods to eat and what exercise is best for getting and staying fit after 40. ♥

Age: 18+
26621 Th 10/2 7:30-9 PM \$19/\$22
Rockville Sr. Ctr./Salas

Gentle Methods of Detoxification *New*

Toxins can collect in your body from many sources. Poisons that build up may weaken your immune system and ultimately compromise your health and promote illness. Everyone benefits from detoxification, but individuals with autoimmune and chronic diseases especially need to learn simple cleansing methods to incorporate into their lifestyles. Learn about origins of toxins in the body, the impact on health, tips to lessen exposure, foods and herbs that naturally detoxify the body and how to become proactive. A \$5 supply fee is payable to the instructor. ♥

Age: 18+
26618 Tu 11/18 7-9 PM \$31/\$35
Rockville Sr. Ctr./Groves

Healing Qualities of Water

Chronic dehydration is a contemporary problem that is more prevalent than most of us realize. Find out how dehydration can be one of the root causes of asthma, allergies, hypertension, digestive problems, excess weight, diabetes, headaches, emotional issues, premature aging and much more. Learn how your body naturally tries to regulate salt and water balance, ways to safely rehydrate to gain better health, the enormous healing qualities of cell salts and more. A \$5 supply fee payable to the instructor. ♥

Age: 18+
26306 Tu 10/14 7-9 PM \$31/\$35
Rockville Sr. Ctr./Groves

Women and Weights

Resistance training can help preserve muscle mass and maintain your metabolism. Learn why women benefit from resistance training and how to resistance train safely and effectively, at home or at the gym. ♥



Age: 18+
26304 Th 10/16 7:30-9 PM \$19/\$22
Rockville Sr. Ctr./Salas



Wilderness First Aid Certification *New*

Designed for all outdoor enthusiasts - scouts, climbers, paddlers, hikers and trip leaders. Learn the basic principles of backcountry emergency care for common injuries, illnesses and traumas using the contents of your backpack. Participants will acquire a two-year certification from SOLO School of Wilderness Medicine.

Contact Jon McLaren at jmclaren@rockvillemd.gov for more information. ♥

Age: 14+
26161 Sa & Su 11/8 & 9 9 AM - 5 PM \$110/\$138



Adults

Trips

Resident and nonresident registration for trips begins upon receipt of our Recreation Guide. A letter with specific information will be mailed to participants one week prior to each trip. Most outdoor activities require some degree of physical fitness. If you are unsure of your abilities, need tips on how to dress, or have any other questions, please call 240-314-8770. Note: Participants under 18 years of age must be accompanied by an adult.

C&O Canal Bike Series

Bike the entire 184 miles of the C&O Canal, from Cumberland to Georgetown, in one-day trips. Earn a patch and certificate after completing all seven segments. Enjoy spectacular views and biking on flat terrain. Must be in good physical condition for this ride through history. Participants under 18 years old must be accompanied by an adult. For more information, call 240-314-8770. ♥

C&O Canal #1

This 28-mile stretch begins at the northern terminus of the C&O Canal, in downtown Cumberland, and ends at the historic tunnel that took 14 years to build. We will stop for lunch on your own in Oldtown. Cost includes leadership and transportation of you and your bike. Register by 10/3.

Age: 16+
26213 Sa 10/11 8 AM-5 PM \$37/\$46
Departs: Rockville City Hall

Women on the Move

If you are a woman over age 30 and would like to participate in activities without the pressure to 'keep-up' with those half your age...you are a candidate for Women on the Move. Each season, trips are geared toward novices who have a desire to become more physically active in the outdoors. These trips do require effort, but the friends you meet and the sights you see make it all worthwhile! For more information, call 240-314-8770. ♥

Hike Great Falls, MD

Start your trip with a mule-drawn canal boat ride along the C&O Canal and end with an invigorating hike along one of the park's many trails. Cost includes transportation, leadership and boat ride. Register by 10/10.

Age: 30+
26214 Sa 10/18 12:30-5 PM \$22/\$27
Departs: Rockville City Hall

Appalachian Trail Hiking Series

Families and individuals catch a glimpse of the area's history and folklore. The Maryland section of the Appalachian Trail has been divided into segments for day hikes. Participants must be able to hike at least two miles over rocky hills without a break and complete the distance indicated. Earn a certificate and patch after hiking all sections in the series. For more information, call 240-314-8770. ♥

Hike 6 & 7- Gathland to Harper's Ferry

Combine two sections of the Appalachian Trail, beginning in Gathland for a 10-mile hike. Follow the ridge line to Weaverton and then descend and follow the C&O Canal towpath into Harper's Ferry. Register by 10/17.

Age: 16+
26256 Sa 10/25 8 AM-5 PM \$37/\$46
Departs: Rockville City Hall

Hike the Frederick Watershed

Put on your hiking boots and head up to the Frederick watershed for an 8-mile circuit hike. This is a moderately difficult route over hilly and rocky terrain. The views should be spectacular. Bring your own picnic lunch. Cost includes transportation and leadership. Register by 10/29. ♥

Age: 10+
26216 Sa 11/8 9 AM-5:30 PM \$37/\$46
Departs: Rockville City Hall

Hike the Catoctins

This circuit hike in the Catocin National Park covers nine miles of rocky and hilly terrain. Take the Cliff Trail, climb the Old Misery Trail to Cat Rock and view Huntington Lake as you traverse the Lower Trail. Warm up with a hot cocoa stop at the Cozy Inn on the trip home. Cost includes transportation and leadership. Register by 12/1. ♥

Age: 10+
26271 Sa 12/13 8 AM-6 PM \$37/\$46
Departs: Rockville City Hall

♥ = Step Up To Health Program

